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ABSTRACT

A guide to aspects of life in the United States is presented in Haitian Creole with concurrent English translations for recent immigrants. The guidelines address housing, employment, education, medical care, travel and communication, finances, and community services. Under each of these categories, details are provided on such topics as household fixtures and appliances, applying for employment, filling prescriptions, transportation modes, use of the telephone, and U.S. coins and currency. Numerous photographic illustrations are provided. (RW)

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LA VI NOU O ZETAZINI
YOUR NEW LIFE IN THE UNITED STATES

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ON PREMYE PAWÒL

FOREWORD

Ou lakay ou o Zetazini. Pandan ou fèk rive nan peyi, dwe gen plizyè keksyon ki vin nan tèt ou sou lavi nan peyi sit, sou moun ou pral rankontre, sou sa w-ap gen pou ou fè, sou konkou w-ap jwenn. Liv sa a la pou li ede nou jwenn repons pou plizyè keksyon kon sa, espesyalman pandan de-twa premye mwa apre ou fèk rive a. Men koze ki genyen nan sèt pati liv la:

- Kote Moun Rete
- Djòb
- Lekòl
- Swen Doktè
- Vwayaj ak Kominikasyon
- Koze Lajan
- Sèvis Kominotè

Si ou pa kapab li liv la fasil, ni ou menm ni on lòt moun nan fanmi wou, gen on kasèt an kreyòl ki ale ansanm ak liv la. Kasèt la bay anpil detay sou chak koze ki nan liv la e l-ap ede wou jwenn plis ranseyman lòt kote.

Se on ekip Ayisyen ak Ameriken ki espesyalis nan by ranseyman ki prepare liv la. Se moun ki konprann pwoblèm vin abite nan on nouvo peyi e ki konn ki vire tounen sa mande. Manm ekip la pale ak anpil moun ki fèk rive isit yo (*"entrants"*: se non espesyal sa-a gouvènman ameriken-an bay Ayisyen ki rive o Zetazini yo e ki poko rezidan) epi ak moun ki reponn pou yo. Yo egzaminen materyèl pwogram lokal ak òganizasyon nasyonal deja prepare. E yo sèvi ak sa ki fèt

Welcome to the United States. As an entrant who has recently arrived in this country, you probably have a number of questions about your new life here: about the people you will meet, the responsibilities you will have, and the kinds of help you will receive. This book was written to help you find answers to some of these questions, especially in your first few months in this country. The topics are discussed in seven sections:

- *Housing*
- *Jobs*
- *Education*
- *Medical Care*
- *Travel and Communication*
- *Finances*
- *Community Services*

If you or a member of your family has difficulty reading this handbook, there is an audio cassette tape that is included with the book. This tape provides a detailed summary of each section in the handbook and helps you to find ways of getting more information. The summary uses the pictures in the book as its guide; if there is someone who can read the book, that person can help the other to get more information from the page.

The handbook was prepared by a team of Haitian and American information specialists who under-

deja pou yo prepare on rezime tout bagay ki pi enpètan pou moun ki fèk rive isit (*"entrants"*) konprann pandan de-twa premye mwa y-ap pase o Zetazini.

Nou tou konnen nanpwen liv ki kapab reponn tout keksyon. Liv sa a pa gen pretansyon kon sa. Men, li kapab mete nou nan wout jwenn lòt ranseyman toujou. Se pou nou vin konn sa ki nan liv la byen, men tou, se pou nou pale ak zanmi nou, ak moun ki reponn pou nou an, ak lòt manm kominote nou an, pou nou gen plis ranseyman epi pou nou konprann aktivite moun nan peyi sit pi byen. N-ap bezwen repons pou on pakèt keksyon. Men tou, n-ap jwenn anpil moun ki kab ede nou jwenn repons sa yo.

Nan liv sa a, nou mete ranseyman ki kapab itil moun tout kote o Zetazini. Men, jan n-a wè etan n-ap li liv la epi etan n-ap koute kasèt la, tout aktivite pa menm e tout sèvis moun kab jwenn nan tout peyi a pa manm. Se nou menm ki pou chèche konnen ki avantaj ak ki sèvis espesyal ki genyen nan kominote nou ak nan zòn pa nou. Kòm se on nouvo kote, lavi nou on ti jan konplike. N-ap jwenn konkou pou nou demele nou ak konplikasyon sa yo nan men moun ki reponn pou nou an, asosiyasyon moun ki la pou youn ede lòt, zanmi, travayè, nan sèvis kominote.

stand the problems and processes of resettlement. This team talked to many entrants and others who work with Haitian entrants, looked at the materials that had already been produced by local programs and national organizations and from these developed an outline of what was most important for entrants to understand during their first months in the United States.

Naturally, no book can answer all questions. This book was not intended to do so. Rather, it provides a starting point and will lead you to other sources of information. You should become familiar with the book's contents, but you should also talk with your friends and others in your community to get more information and a better understanding of the ways people do things in this country. There will be a lot of questions you need answered; there will also be many people who can help provide those answers.

We have compiled the information in this book to be used throughout the United States. You will notice in reading the book, however, that there are many differences in the ways that people do things and the kinds of services that are available across the country. You will need to find out the special resources or services

Kwak liv la fèt pou granmoun, espesyalman pou moun ki reskonsab on fanmi ou byen ki on pèsonaj nan fanmi an, li reponn keksyon ki enpòtan pou tout lòt manm fanmi an tou.

Se anpil moun ki mete tèt yo ansanm pou yo rive fè liv sa a. Moun sa yo te enterese nan pwojè a anpil e yo pase anpil tan sou sa ap bay opinyon yo pou liv la kapab itil nèt. Gen twòp moun pou nou ta kapab di yo chak mèsi la a.

Nou espere moun ki reskonsab on fanmi, moun ki reponn pou lòt moun, moun ki nan sèvis kominotè va met tèt yo ansanm pou yo sèvi ni ak liv la ni ak kasèt la.

Si nou bezwen plis ranseyman toujou e si nou bezwen lòt konkou, nou kab telefonnen anplwaye ki nan sant yo rele "*Language and Orientation Resource Center*" an angle. Le pli souvan on moun ki pale lang nou ap kapab ede nou.

Language and Orientation Resource Center
3520 Prospect Street NW
Washington DC 20007
(202) 298-9292

Rele nou gratis 1-an nimewo:
(800) 424-3701 ou
(800) 424-3750

that are available in your community or area. Friends, co-workers and service providers are people who can help you untangle some of the complexities of your new life.

Although the handbook was written for adults--principally for the head of the household or family elder--it answers questions that are important to others in your family as well.

The production of this book involved large numbers of people who cared deeply about the project and provided their time and comments to make the book as helpful as possible. There are too many to thank them all here.

We expect heads of families, their friends and service providers to work together in using this handbook and audio cassette. If you need further information or assistance, you may call the staff of the Language and Orientation Resource Center; usually someone who speaks your language will be able to help you.

Language and Orientation Resource Center
3520 Prospect Street NW
Washington DC 20007
(202) 298-9292 (in Washington, DC)
(800)424-3701/3750 (toll-free)

KOTE MOUN RETE

HOUSING

O Zetazini, gen apatman kote moun rete. Anpil fwa se nan on apatman on fanmi rete o Zetazini. On apatman kab genyen on kuizin ak on sal de ben epi twa ou kat chanm.

In the United States, there are apartments in which people live. It is customary in the United States for one family to live in one apartment. An apartment may have a kitchen and a bathroom as well as three or four other rooms.

Gen lòt kalite kay tou o Zetazini tankou kay lavil ki kole youn ak lòt epi lòt kay.

In the United States there are other types of homes such as townhouses and houses.

On kay lavil gen dwa kole ak on lòt kay, ki fè mi kote on kay fini an se menm mi kote lòt kay a kote a kon-manse a.

A townhouse is a semi-attached house that shares one or more walls with the buildings next to it.

Le pli souvan, on kay se on batisman ki kanpe pou kont li nan on lakou. Kay la kapab on kay chanmòt tou.

A house is usually a solitary building with a yard around it and may have more than one story.

Kote yo fè manje a, se kuizin nan. Kuizin nan konn genyen on ti basen dlo ak on tiyo, on fou, on frijidè ak bifèt pou yo sere tout bagay. Pi fò fou ki nan kuizin mache ak kouran elektrik ou byen ak gaz. Se pou n-aprann sèvi ak fou a byen ak anpil pokosyon pou nou egzante malè ak aksidan.

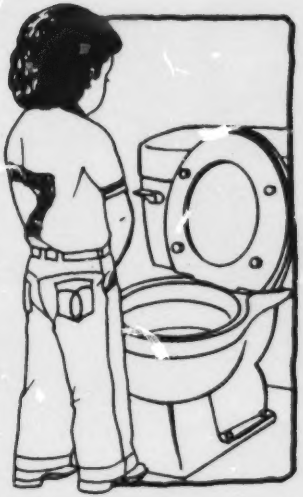
The kitchen is the room used for cooking and may contain a sink, a stove, a refrigerator and storage areas. Most kitchen stoves use either electricity or gas. You should know how to operate the stove properly and safely to prevent causing harm or accidents.

A gòch: Yo sèvi ak frijidè a pou fredi a fè manje a pa gate. Se nan frijidè a pou yo sere bagay tankou lèt, vyann ak legim. Se pou pòt frijidè a ret byen fèmen, san sa frijidè a kapab pran pàn epi manje ki ladan an ap ga'e.

Left: The refrigerator is used to keep foods cold and fresh. Foods such as milk, meat and vegetables must be kept in the refrigerator. The door of the refrigerator must be kept closed to prevent food from spoiling.

A dwat: Kote ki gen ti basen dlo ak tiyo a konn gen on moulen anndan tiyo a pou kraze fatra. Ti machin sa a fèt pou li moulen rès fatra sèlman. Atansyon pou nou pa lage bagay di tankou bout fè ladan ou byen zo. Pinga nou janm al foure dwèt nou kote moulen fatra a ye a. Si nou pa konn ki jan pou nou sèvi ak ti moulen fatra sa a, mande on moun pou li montre-n kouman pou nou sève ak li byen.

Right: Some sinks may have a garbage disposal. The garbage disposal can only grind up food scraps. Be careful not to put metal objects or bones in the disposal. If you don't know how to use the disposal, ask someone to show you how to use it properly.



Se nan sal de ben an nou fè bezwen nou, nou lave kò nou, nou pwòpte kò nou. Le pli souvan sal de ben an gen on watè, on lavabo ak tiyo, on basen ou byen on douch.

The bathroom is where you use the toilet, wash and clean yourself. Bathrooms usually have a toilet, a sink, and a bathtub or shower.

O Zetazini, watè yo fèt on jan pou moun chita sou you. Pa kanpe sou yo ou byen pa koupi sou yo, san sa yo kab kraze. Se sèl okabine ak papye ijyenik dlo a fèt pou l-pouse desann nan watè a. Yo pa dwe lage okenn lòt bagay nan watè a. Gen plizyè fason diferan pou yo fè dlo pouse sa ki nan watè a desann. Si nou pa konn ki jan pou nou fè dlo a vin pouse sa ki nan watè a desann, mande on moun pou li montre nou sa fen.

Toilets in the United States are designed to be used in a seated position. Do not stand or squat on the toilet seat, since it may break. Only human waste and toilet paper should be flushed down the toilet; nothing else should be put in the toilet. Toilets may be flushed in different ways. If you don't know how to flush your toilet, ask someone to show you how to do it properly.

Se ak machin a lave ak machin pou cheche rad n-ap sèvi pou nou lave rad, sèvyèt ak twal epi pou nou cheche yo. Mande moun ki reponn pou nou an ou byen mande on zanmi pou yo montre-n sèvi ak machin sa yo byen.

In order to wash and dry clothes, towels and linens, you should use a washer and dryer. The washer is a machine that washes clothes; a dryer is a machine that dries them. If you do not know how to use these machines properly, ask someone to show you how.

Se pou nou kenbe kay nou pwòp epi nan bon kondisyon. Gen anpil bagay ki itil moun pou yo netwaye kay yo, tankou; bale, vakiyòm, pwodui pou netwaye. Si nou pa abitye ak bagay sa yo, mande moun ki reponn pou nou an ou byen mande on zanmi pou yo montre-n sèvi ak yo byen.

You should keep your home clean and in good condition. To clean your home there are a number of tools, such as a broom, vacuum cleaner, detergents and cleansers. If you are not familiar with these items, ask someone to show you how to use them properly.

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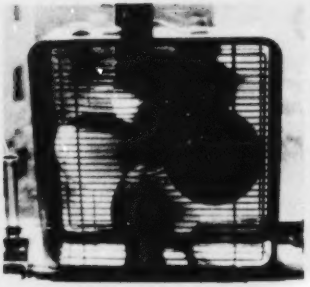
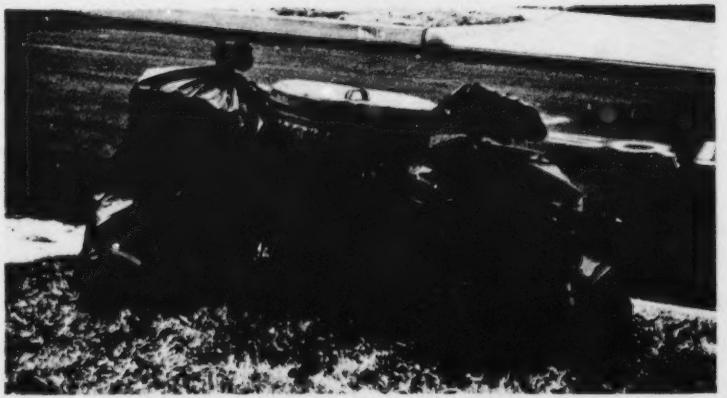


O Zetazini, kay gen machin ki kontwole tanperati ki fèt anndan kay la. Nan mwa fredi, machin sa yo kenbe kay la cho. Nan mwa chalè, yo kenbe kay la fre. Mande moun ki reponn pou nou an ou byen mande on zanmi pou yo montre-n sèvi ak machin sa yo byen.

Homes in the United States have machines that control the temperature inside. In the winter, these machines keep the home warm, while in the summer they keep it cool. Ask someone to show you how to use these machines properly.



Si nou rete nan on apatman ou byen nan on kay, se nan doum fatra ou byen se nan sak pou nou mete fatra. Nan kay ki gen plizyè apatman, se pou nou depoze fatra pa deyò a kote bilding lan, pou kamyon ranmase-l. Si se nan on kay nou rete, se devan kay la bò lari pou nou depoze fatra, pou kamyon fatra ranmase-l.

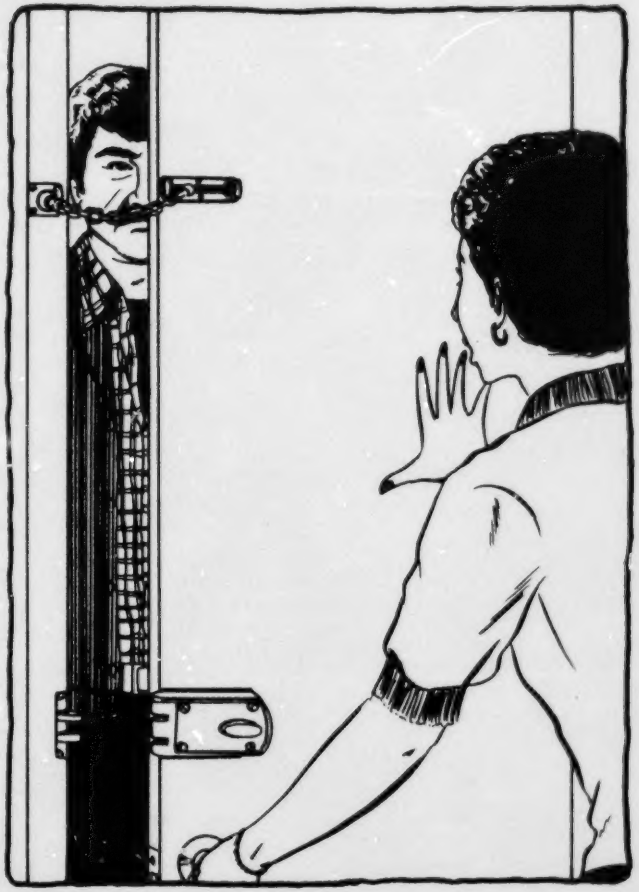
If you live in an apartment or house, you must put your trash in a garbage container or bag. In an apartment building, you should put the trash in a place next to the building where it will be removed by a sanitation service. If you live in a house, the trash should be put in front of your home next to the street, and it will be picked up by the sanitation service.

Nou kapab gen dwa fè on ti jaden nan lakou kay kote nou rete a. Men, anvan nou fè on ti jaden, mande mèt lakou a. O Zetazini, gen regleman leta ki kapab di si nou gen dwa fè sèten bagay nan lakou kay nou. Pa egzanp si nou gen dwa plante pye bwa ou byen koupe pye bwa. Si nou gen dwa leve on kloti ou byen wete on kloti. Si nou gen dwa pentire kay la tèl koulè ou byen si nou gen dwa chanje aparans kay la pa deyò.

It may be possible to plant a garden in the yard of the house in which you live. However, before planting a garden, ask your landlord for permission. In the United States, there are laws which may determine whether you can do certain things in the yard of your house, such as planting or cutting down trees, putting up or taking down a fence, painting the house certain colors or changing the outside of the house.

O Zetazini, se pou nou pran pokosyon ak kay nou, pou vòlè pa antre. Fòk nou klete pòt nou e fòk nou fèmen fenèt nou byen. Lè moun nou pa rekonèt vin lakay nou, chèche konnen ak ki moun nou ann afè epi sa yo vle anvan pou nou ouvè pòt la ba yo antre. Anvan nou soti, asire si tout pòt ak tout fenèt byen fèmen epi si kle nou nan men nou.

In the United States, you must secure your home to prevent thieves from entering your dwelling. It is important to lock your doors and windows. When strangers come to your home, find out who they are and what they want before you open the door and let them in. Make sure all doors and windows are locked and that you have your keys before leaving your home.



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DJÒB

JOBS

22

O Zetazini, travay pa konn laj moun. Ni gason, ni fi, ni timoun travay. Pi fò Ameriken kwè moun dwe travay, depi yo kapab travay. Anpil fwa, timoun fè ti djòb, san yo pa travay tout jounen. Se kon sa y-aprann rekonèt enpòtans travay, e se kon sa yo konmanse fè ti lajan tou.

In the United States, people of all ages--men, women and children--work. Most Americans believe that people should work if they are able to. Children often work part-time, learning to appreciate the value of work and earning money at the same time.

Gen twa kalite gwoup moun ki travay o Zetazini: moun ki pa gen metye nan men yo, moun ki gen metye, epi moun ki travay nan djɔb ki mande gwo etid. On moun ki pa gen metye konn pa bezwen pale angle byen pou li rive jwenn on djɔb. Egzanp moun ki pa gen metye se: gadyen nan pɔt, moun ki lave asyèt ou byen ki bay kout men nan restoran, ak siveyan. Djɔb sa yo pa rapɔte anpil. Ositou kwak anpil moun oblije asepte yo lè yo fèk rive, apre sa, yo chèche pi bon djɔb.

There are three types of workers in the United States: unskilled, skilled and professional. An unskilled worker might not have to speak English well in order to find a job. Examples of unskilled workers, such as those pictured below, are janitors, dishwashers, busboys and groundskeepers. Because these jobs may not pay very well, many people take them at first, and look for better jobs later, when they have grown more accustomed to American customs and the English language.

Travayè ki gen metye bezwen antrenman nan travay yo. On moun ki gen esperyans ou byen ki jwenn bon antrenman lekòl kapab fè bon kòb nan kalite travay sa yo. Egzanp travay kon sa se: mekanisyen, kwafè, sekretè biwo ak plonbye.

Skilled workers need to be trained in their jobs. A person with experience or who has gone to training school can earn a good salary at these types of jobs. Examples are auto mechanics, hairdressers, secretaries and plumbers.

Pou djɔ̀b ki mande gwo etid, le pli souvan moun bezwen on diplɔ̀m. Egzanp travay kon sa se: ɖoktè, avoka, famasyen, pwofesè ak teknisyen.

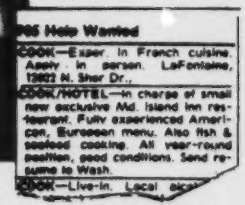
Professionals usually need a college degree. Examples are doctors, lawyers, pharmacists, teachers and engineers.

Gen anpil djòb kote ou kapab travay nèt (35-40 è pa semenn) ou byen kote ou kapab travay pou kèk è-d tan sèlman (de-twa zè-d tan pa jou ou byen de-twa jou pa semenn). Pa egzanp on kesye gen dwa travay mwatye jounen an lematen, dekwa pou li kapab al lekòl lapremidi.

In many jobs, you may work either full-time (35-40 hours per week) or part-time (a few hours per day or a few days per week). This cashier works part-time in the morning, so she can go to school in the afternoon.

Anpil fwa, moun jwenn djòb se ak konkou zanmi, ou byen moun ki reponn pou yo, ou byen gwoup k-ap travay pou kominote a. Gen anplwaye nan ajans leta ki la pou yo ba-w konsèy pou yo ede-w jwenn djòb, san ou pa peye pou sa.

People often find jobs by asking friends, service providers or community groups for help. A state employment agency job counselor will help you look for work at no cost to you.


Help Wanted
COOK—Exper. in French cuisine. Apply in person. LaFontaine, 12801 N. Shor Dr.,
COOK/HOTEL—in charge of small new exclusive Md. Island inn restaurant. Fully experienced American, European menu. Also fish & seafood cooking. All year-round position, good conditions. Send resume to Wash.

Gen djòb yo anonse nan jounal nan paj jounal kote yo a-nonse djòb. Anpil kote ki bezwen pran moun nan travay konn mete on afich nan on fenèt pou yo fè moun konnen yo kapab jwenn djòb la. An angle afich la make "Help Wanted."

Jobs are advertised in newspapers' classified ads sections. Many places put "Help Wanted" signs in their windows if a job is available there.

Lè on moun rive o Zetazini, se pou li fè on demann pou on kat sekirite sosyal, san li pa mize. Tout moun bezwen on nimewo sekirite sosyal pou yo jwenn travay o Zetazini.

Soon after arriving in the United States, a person should apply for a Social Security card. Everyone needs a Social Security number in order to get a job in the United States.

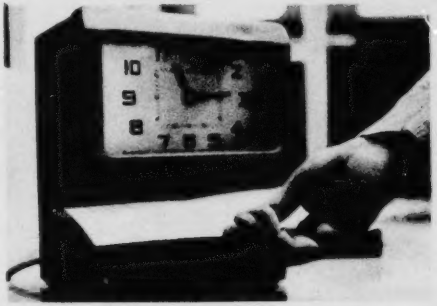
Pi fò djòb mande pou on moun rankontre ak mèt travay la. Mèt travay la pral mande-w ki kalite esperyans ou deja genyen nan travay. Ou kapab mande mèt travay la keksyon sou djòb la. Lè ou gen on randevou pou sa, se pou ou rive a lè, se pou w-abiye pwòp, epi se pou ou mennen on moun ki kapab pale angle pou wou, si ou bezwen sa.

Most jobs require an interview. The employer will ask you about your previous experience, and you may ask the employer questions about the job. It is important to be on time for the interview, to be neatly dressed, and to bring an interpreter if necessary.

Chèk lajan travay. Si se ak chèk yo peye-w, chèk la gen on souch, se on espès resi, ki make konbyen lajan yo wete sou kòb ou. Nan modèl ki a dwat la a, yo mete on nimewo pou chak valè kòb yo wete sou lajan travay ou:
1) Kòb taks sekirite sosyal (F.I.C.A.)
2) Kòb taks eta kote ou ye a
3) Kòb taks gouvènmen federal la
4) Kòb asirans maladi. (Mande si travay ou bay asirans maladi. Se pa tout travay ki bay sa.)
Depoze chèk travay ou labank ou byen touche-l labank. Si ou pèdi chèk travay ou, pale mèt travay la touswit.

The paycheck: If you are paid by check, it will have a stub, or receipt, that lists deductions that have been made. On the sample above, the deductions have been numbered:
1) Social Security tax (F.I.C.A.)
2) state income tax
3) federal income tax
4) health insurance (Ask if your employer provides this; not all do.)
Deposit or cash your paycheck at a bank. If you lose your paycheck, tell your employer right away.

Deductions This Pay Period			
F.I.C.A	**State**	**Federal**	**Health Ins.**
$7.36	$2.26	$2.26	$00.00
(1)	(2)	(3)	(4)
Gross 120.00		**Net** 106.64	

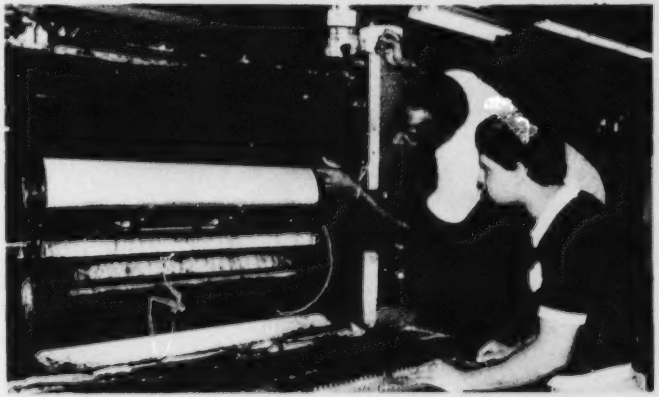


Gen konpayi ki sèvi ak on revèy ki make konbyen tan on anplwaye travay chak jou. Si konpayi-w la sèvi ak on revèy kon sa, mande mèt travay la kouman pou ou sèvi ak li.

Some companies use a time clock to record the amount of time an employee works each day. If your company uses a time clock, you should ask your employer how to use it.

Pou on moun kapab vin gen on pi bon djòb, li bezwen al aprann on metye ou byen li bezwen al lekòl, pou li gen plis ladrès ak plis konesans. Anpil fwa, gen kou angle yo bay nan lekòl leta, nan kolèj, epi nan sèten ajans ki gen sèvis sosyal. Kou yo konn fèt leswa pou yo pa jennen travay moun. Gen pwogram lekòl pwofesyonèl tou yo bay nan lekòl leta, nan kolèj yo, epi nan lekòl pwofesyonèl teknik yo.

To get a better job, you need additional education or training. English and vocational training courses are often offered at high schools, community colleges, vocational/technical schools or social service agencies.



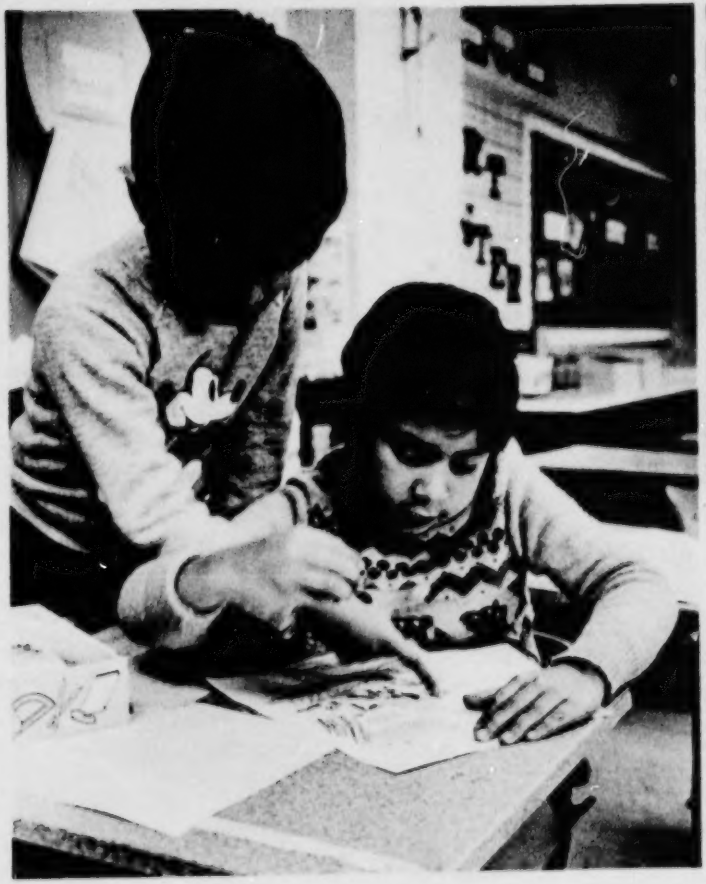
O Zetazini, moun konn chanje djòb souvan. Yo jwenn pi bon djòb ou byen lòt travay ki gen plis kòb ladan yo. Men, anvan ou lage on djòb ki nan men-w, pito ou deja gen on lòt k-ap tann ou, epi, pito w-aveti mèt travay kote ou ye a o mwen de semenn anvan ou fè lide kite djòb la. Sa montre ou konsidere mèt travay la youn, epitou se kichòy ki gen enpòtans li, paske ou kapab bezwen on rekonmandasyon nan men mèt travay la pou lòt djòb w-a jwenn pi ta.

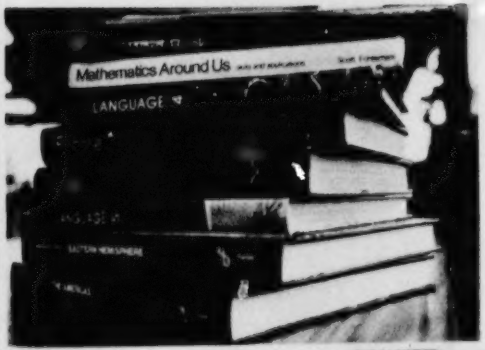
In the United States, people often change jobs, moving to better, higher-paying positions. Before you leave a job, however, you should have another job ready, and you should notify your present employer at least two weeks before you plan to leave. In addition to being considerate, this is important because you may need your employer to recommend you for future jobs you may seek.

LEKÒL
EDUCATION

Ameriken kwè tout moun gen dwa al lekòl gratis. Timoun oblije al lekòl depi jaden danfan ou byen klas lekòl primè rive lekòl segondè. O Zetazini, gen 12 klas depi konmansman lekòl primè jis nan fen lekòl segondè. Se dapre laj timoun yo ak sa yo konnen, yo mete yo nan tèl klas. Gen anpil matyè diferan ak anpil kalite aktivite nan lekòl.

Americans believe that everyone has a right to free education. It is compulsory for children to attend school from kindergarten or elementary school to high school. In the United States there are 12 grades from elementary school through high school. A child is placed in a class according to his or her age and ability. There is a wide range of subjects and activities in the schools.




Mathematics Around Us
LANGUAGE

Kou fanmi timoun yo rive o Zetazini, enskri timoun yo lekòl tousuit, se kichòy ki gen anpil enpòtans. Men ki kalite papye paran bezwen pou yo enskri on timoun lekòl:

- papyè imigrasyon timoun nan genyen an
- batistè timoun nan (sa vle di ak nesans li) ak sètifika doktè.
- lisans machin paran timoun nan kòm on prèv yo rete nan vil kote timoun nan pral lekòl la.

It is important for families to enroll their children in school as soon as they arrive in the United States. In order to enroll a child in school, a parent needs to bring these documents:

- *the child's immigration papers*
- *the child's birth certificate and medical records*
- *a driver's license to show residence in the city where the child will attend school.*

Gen timoun ki bezwen on èd espesyal pou y-aprann. Gen pogram pou timoun ki bezwen èd espesyal sa a.

Some children need special help to learn. There are programs for those children who need special help.

Anpil lekòl o Zetazini bay timoun yo pèmisyon pou yo prete liv ak lòt bagay pou yo li nan bibliyotèk lekòl la. Men, lè lekòl fèmen an jen, se pou yo pote liv yo tounen nan bibliyotèk la.

Many schools in the United States allow their students to borrow books and other reading materials from their libraries. Once the school year ends, however, these books must be returned.

Gen zòn ki gen otobis ki mennen timoun yo lekòl e ki mennen yo tounen lakay yo. Mande moun ki anchaje sa lekòl la si zòn nan gen otobis lekòl.

Some areas have school buses that take children to and from school and home. Check with the child's school to find out if such a service is available.

Pi fò lekòl o Zetazini gen aktivite espò pou elèv yo. Ameriken kwè kò fèt pou li an sante menm jan lespri fèt pou li an fòm.

Most schools in the United States have sport activities in which students participate. Americans believe that a healthy body is as important as a sound mind.

Elèv lekòl segondè kapab travay mwens pase tan nòmal on travay, lè lekòl lage, nan fen semenn epi pandan grann vakans. Gen elèv lekòl segondè ki konn bay kout men ou byen ki konn sèvi manje nan restoran, genyen ki konn travay nan ponp gazolin, etsetera.

Students attending high school in the United States may work part-time after school, on weekends and during summer vacation. Some high school students may work as busboys, waiters, gas station attendants, etc.

O Zetazini, gen lekòl ki gen klas pou granmoun ki pa te fin fè etid segondè yo. Genyen nan lekòl sa yo ki konn bay kou pwofesyonèl pou granmoun ki bezwen aprann lòt metye pou yo jwenn pi bon djòb. Met sou sa, gen kote o Zetazini ki gen kou angle pou moun ki bezwen aprann angle.

In the United States, there are schools that offer classes to adults who did not finish high school. Some of these schools may also have vocational training classes for adults who want to learn new skills in order to find better paying jobs. In addition, some communities offer English classes.

SWEN DOKTÈ
MEDICAL CARE

O Zetazini, le pli souvan lè moun gen on ka maladi prese, yo rele anbilans. Mande moun ki reponn pou nou an ou byen mande on zanmi nimewo telefòn sèvis anbilans ki pi pre lakay nou an, epi mete nimewo a tou pre telefòn nan. Si nou gen on ka maladi prese, tanpri rele anbilans tousuit.

In the United States, people who have medical emergencies usually call the ambulance. Ask someone the telephone number of the closest ambulance service and keep the number near the telephone. If you have a medical emergency, call the ambulance as soon as possible.

Lè nou rive nan sal sèvis prese on lopital, nou gen pou nou pase nan on biwo kontwòl, pou nou esplike poblèm nou epi pou nou ranpli on fòm ranseyman. Fè on moun ki pale angle al ak nou. Chonje pote papye imigrasyon la, sètifika sante ak kat lopital nou.

When you go to a hospital emergency room, you must check in at a desk or counter, explain your problem and fill out some forms. Have someone who can speak English go with you. Bring your immigration papers, health records and medical records with you.

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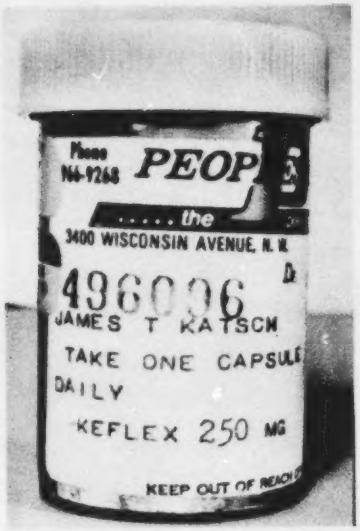
Doktè ak enfimyè konn bezwen fè-n pase divès kalite tès pou yo kapab rekonèt ki poblèm nou genyen. Gen tès san, gen radyografi lestomak, pran tansyon, pran tanperati, egzamen gòj. Pou medam yo, kab gen egzamen anba ti vant yo pou yo wè si yo pap gen poblèm lè yo ta ansent ak lè yo ta akouche.

In order to diagnose your problem, doctors and nurses may have you undergo different kinds of physical tests such as blood tests, chest x-rays, blood pressure, temperature and throat examination. Pelvic examinations may be given to women to check for any problems that could possibly affect pregnancy or giving birth.

Lè nou fin wè doktè, li kab ban-n on preskripsyon. Nou kab bezwen achte remèd yo preskri nou an nan nenpòt ki famasi nan zòn nan. On bagay ki gen anpil enpòtans se pou nou swiv sa doktè a di pou nou fè a byen. Si nou pa kapab li sa doktè a ekri a, mande on moun esplike nou sa ki ekri nan papye ki sou poban remèd la.



After seeing the doctor, you may receive a prescription for medication. You may have to buy the medicine at a local drugstore or pharmacy. It is important to follow exactly the doctor's instructions. If you can't read, have someone explain to you the instructions on the label of the medicine container.

Moun al lopital lè yo malad grav ou byen lè yo bezwen fè operasyon. Lè nou entène lopital, gen anpil lòd ak regleman nou fèt pou nou swiv. Lopital gen lè vizit pou zanmi ak fanmi. Se on ti vizit tou kout sèlman yo bay timoun pèmisyon fè, poutèt pou yo pwoteje sante yo. Se sèten kote sèlmen moun gen dwa fimen. E yo pa bay pèmisyon kwit manje. Ni moun ki entène yo, ni moun ki an vizit yo dwe ret trankil pou yo pa deranje lòt moun ki entène yo.

People go to the hospital when they are seriously ill or need an operation. There are many rules and regulations that you are expected to follow when you check in to a hospital. The hospital has visiting hours for friends and relatives, and children are permitted to visit for only a short time because of health reasons. Smoking is allowed only in some areas, and cooking food is not permitted. Both patients and visitors should keep quiet, so as not to disturb other patients.

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O Zetazini, yo bay timoun vaksen pou maladi tankou difteri, koklich, tetanòs, mal mouton, lawoujòl ak polyo. Yo mande pou timoun nan vaksinen anvan l-enskri lekòl. Asire nou si pitit nou vaksinen epi sere sètifika vaksen yo byen.

In the United States, children are immunized against diseases such as diphtheria, whooping cough, tetanus, mumps, measles and polio. Immunization is required before a child can be enrolled in school. Make sure your child is immunized and that you keep all immunization records.

Dantis chè anpil o Zetazini. Pou nou egzante dan pike ak lòt poblèm dan, nou merite bwose dan nou 2 fwa pa jou ak pat dantifris, le maten epi anvan n-al kouche le swa.

Dental care is very expensive in the United States. To prevent cavities and other tooth problems, you should brush your teeth twice daily with toothpaste, in the morning and in the evening before going to bed.

VWAYAJ & KOMINIKASYON

TRAVEL & COMMUNICATION

O Zetazini, le pli souvan moun k-ap vwayaje pran machin, motosiklèt, tren, otobis ou byen avyon. Anvan nou chwazi on mwayen pou nou deplase, se pou nou konnen kote nou vle ale epi si kote a lwen.

In the United States, people usually travel either by car, motorcycle, train, bus or plane. You should know exactly where you want to go and how far you will be traveling before choosing your means of transportation.

On bon mwayen pou nou vin konnen zòn ki pre kay nou byen, se mache pwonmennen. Lè n-ap mache nan lari, respekte tout regleman sikilasyon epi toujou janbe lari nan kwen lari. Si nou gen pou nou mache sèl pou kont nou solèy kouche, pran anpil pokosyon ak vòlè. Chonje pou nou pa janm pran woulib nan men moun nou pa rekonèt.

Walking is a good way to become familiar with your neighborhood. When you walk on the streets, respect all traffic rules and always cross the street at an intersection. If you have to walk alone at night, be very careful and watch out for thieves. Remember never to accept rides with strangers.

O Zetazini, gen regleman sikilasyon nou dwe swiv lè nou monte bisiklèt:

- Rete sou men dwat nou tout tan.
- Swiv siy sikilasyon ak limyè yo.
- Bay siyal ak men nou lè n-ap vire.
- Pa ba on lòt moun woulib sou bisiklèt nou.
- Atansyon pou bisiklèt nou gen limyè ak reflektè anvan nou soti sou li solèy kouche.

In the United States, there are certain traffic rules you should follow in riding a bicycle:

- *Keep to the right at all times.*
- *Obey traffic signs and lights.*
- *Use hand signals when making a turn.*
- *Do not carry a passenger with you on the bicycle.*
- *Make sure your bicycle has a light and reflectors before you ride it at night.*

Lè pou nou pran otobis, se pou nou konnen depi davans ki kote n-ap pran otobis la epi ki kote n-ap desann. O Zetazini, se nan otobis moun deplase plis. Lalwa defann moun fimen nan otobis. Li defann manje, bwè, jwe mizik, jete fatra tou. Anvan nou monte otobis, mande moun ki reponn pou nou an ou byen mande on zanmi montre nou sèvi ak sistèm otobis ki nan zòn nan.

When to take the bus, make sure you know where to get on and off. In the United States, the bus is the most common means of transportation. It is against the law to smoke, eat, drink, play music or discard trash on the bus. Before you take the bus, ask someone to show you how to use the bus system in your area.

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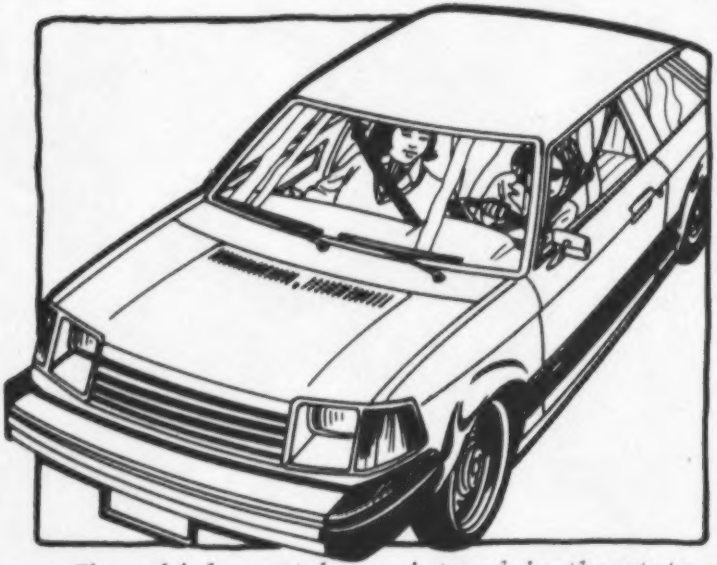
O Zetazini, moun vwayaje anpil anpil nan machin. Men, achte machin epi kenbe-l an fòm koute chè anpil. Gen sèten bagay pou nou konnen si nou fè lide achte on machin.

- Tout chofè dwe gen lisans pou yo kondi machin.
- Machin nan dwe anrejistre nan eta kote mèt li rete a.



- Lalwa defann nou kondi machin si nou bwè alkol.
- Pi fò eta egzije pou mèt machin nan gen asirans ki kapab peye tout domaj si gen aksidan.
- Nan pi fò eta, fòk moun deja gen 16 an pou yo gen lisans.

In the United States, it is very common to travel by car. It is very expensive to own and maintain a car, however. There are some facts you must know in case you decide to buy a car.

- *Every driver must have a license to operate a vehicle.*
- *The vehicle must be registered in the state where the owner lives.*
- *It is illegal to drive if you have been drinking alcohol.*
- *Most states require the owner to buy car insurance to pay for damages in case of accident.*
- *In most states, you must be at least 16 years old to get a driver's license.*

Nan kèk gran vil ameriken, gen tren ki kouri tout boulin ale vini anlè ou byen anba tè. Se sa yo rele sòbwe. Pou nou sèvi ak sòbwe a, fòk nou konnen kote estasyon yo ye, konbyen kòb pou nou peye epi ki kote tren an ale. Si gen sòbwe nan zòn nou an, mande on zanmi ou byen mande moun ki reponn pou nou an ede nou vin abitye ak li.

In some large American cities there is a fast train that travels above or under ground. The train is called the subway. To use the subway, you must know where the stations are located, how to pay the fare, and where the trains go. If your area has a subway, ask someone to help you become familiar with it.

Youn nan fason pou nou kominike ak zanmi ak fanmi, se voye lèt pa lapòs. Lè n-ap voye on lèt, atansyon pou nou ekri adrès moun n-ap ekri a byen nèt. Se pou nou mete non nou ak adrès nou nan kwen gòch anwo anvlòp la. Kon sa si gen on sikonstans ki fè lapòs pa kab remèt moun nan lèt la, lèt la ap tounen vin jwenn nou.

A way to communicate with others is by mail. You should make sure you write down the complete address of the person to whom you are mailing a letter, and write your name and address on the upper left corner or back of the envelope. If for some reason the letter cannot be delivered, it will be returned to you.

Pou nou voye lèt pa lapòs, se pou nou sèvi ak tenm E nou kab achte tenm lapòs. Si lapòs fèmen epi nou vle voye on lèt, nou kapab lage-l nan bwat wouj ak ble ki deyò bò lapòs ou byen ki sou twotwa bò lari.

To send mail, you must use stamps, and you can buy them at the post office. If the post office is closed and you want to mail a letter, you can put it in the red and blue box located outside the post office or on the street sidewalks.

On lòt fason pou nou antre an kontak ak zanmi ak fanmi, se sèvi ak telefòn. Pou nou sèvi ak on telefòn:

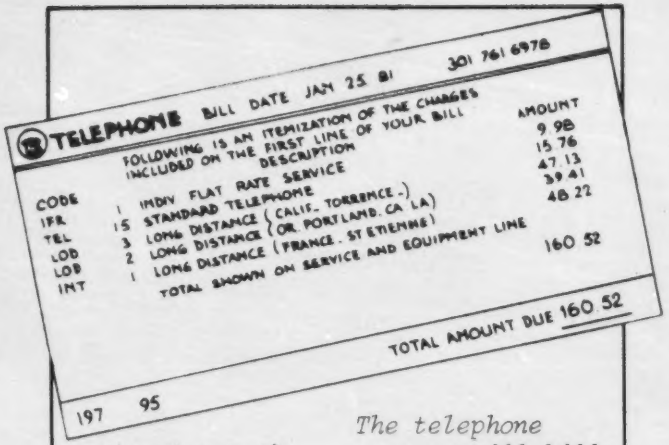
- Leve tèt telefòn nan.
- Koute si telefòn nan remèt on son.
- Fè chak nimewo grenn pa grenn.
- Tann lè on moun reponn lè telefòn nan ap sonnen.
- Pale.

Si telefòn nan remèt on bwi okipe, sa vle di gen moun k-ap pale ladan ak lòt moun.

The telephone is another means you can use to contact friends and relatives. To use the telephone:

- *Pick up the receiver.*
- *Listen for the dial tone.*
- *Dial each number separately.*
- *Wait for the person to answer after it rings.*
- *Speak.*

A busy signal indicates that the person you are calling is already using the telephone and you should try again later.



TELEPHONE BILL DATE JAN 25 81 301 761 6978

FOLLOWING IS AN ITEMIZATION OF THE CHARGES INCLUDED ON THE FIRST LINE OF YOUR BILL

CODE		DESCRIPTION	AMOUNT
IFR	1	INDIV FLAT RATE SERVICE	9 98
TEL	15	STANDARD TELEPHONE	15 76
LOD	3	LONG DISTANCE (CALIF.-TORRENCE-)	47 13
LOB	2	LONG DISTANCE (OR. PORTLAND. CA LA)	39 41
INT	1	LONG DISTANCE (FRANCE. ST ETIENNE)	48 22
		TOTAL SHOWN ON SERVICE AND EQUIPMENT LINE	160 52

TOTAL AMOUNT DUE 160 52

197 95

Konpayi telefòn ap voye on bòdwo chak mwa pou koute telefòn nou fè yo. Si nou rele on kote ki lwen, bòdwo telefòn nou apmote. Si nou pa peye bòdwo telefòn nou, konpayi a pral koupe telefòn nou.

The telephone company will bill every month for use of the phone. If you make a lot of long distance calls, your bill will be high. If you do not pay your phone bill, the telephone company will disconnect your phone.

Nou kab jwenn telefòn piblik nan ponp gazolin, nan restoran, nan estasyon otobis ak estasyon tren, nan kwen lari, nan ayewopò. Lè nou sèvi ak on telefòn piblik pou on kout telefòn nan zòn nan, n-ap peye 10 santim ou byen 25 santim. Si nou vle rele on kote ki lwen, etan nou nan telefòn piblik, sa ap koute nou plis lajan e fòk operatè a ede nou. Si moun n-ap rele a pa lakay li ou byen si telefòn li okipe, kòb nou ap tounen vin jwenn nou lè nou fèmen telefòn nan.

Public telephones can be found at gas stations, restaurants, bus and train stations, street intersections and airports. A local call will cost from 10-25¢. Long distance calls will cost more, and an operator must assist you. If the person you are calling is not home, or if the line is busy, your money will be returned to you.

KOZE LAJAN
FINANCES

Lajan ameriken se lajan an papye ou byen se monnen. Nan lajan an papye gen biye 1 dola, 2 dola, 5 dola, 10 dola, 20 dola, 50 dola ak 100 dola. Gen pi gwo biye toujou, men yo pa sèvi ak yo anpil, paske Ameriken pa fasil mache ak anpil lajan kach sou yo. Tout biye lajan menm gwosè, menm koulè, kwak yo pa gen menm valè. Lè n-ap sèvi ak on biye lajan, toujou gade chif ki ekri sou li a byen pou nou konnen ki valè li. On dola gen 100 santim ladan. Koulè monnen se koulè ajan, sòf pyès on kòb yo ki koulè kuiv.

American money can be either paper or coins. Bills come in amounts of one, two, five, 10, 20, 50 and 100 dollars. Larger bills exist, but are rarely used, since Americans usually do not carry large amounts of cash with them. All bills have the same size and color regardless of value. Look carefully at the number written on any bill you are handling to see how much it is worth. There are 100 cents in one dollar. Coins are silver in color, except for the one-cent piece, which is copper-colored.

Pyès monnen on santim nan, yo rele-l on peni.

The one-cent piece is called a penny.

Gen pyès monnen 5 santim.

The five cent piece is called a nickel.

Gen ti pyès monnen ki pi piti pase pyès 5 santim ak pyès on peni yo, men ki vo 10 santim.

A dime is smaller than a nickel or a penny and is worth 10 cents.

Gen pyès monnen 25 santim.

A quarter is worth 25 cents.

Gen pyès monnen mwatye on dola ki vo 50 santim.

A half-dollar is worth 50 cents.

O Zetazini, pi fò bank ouvè depi 9 è di maten jiska 3 è de lapremidi, lendi pou vandredi. Si nou vle ouvri on kont labank, al labank pandan lè biwo ak kichòy ki kab sèvi kòm kat didantite (pa egzanp on lisans machin) epi ak premye lajan nou pral mete a. Si nou pa kab pale angle, mennen on zanmi ak nou pou li pale pou nou.

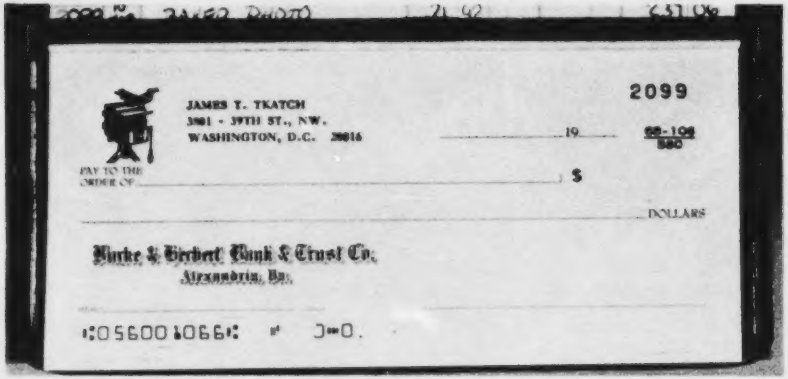
In the United States, most banks open from 9:00 a.m. to 3:00 p.m., Monday through Friday. To open a bank account, go to the bank during working hours with some sort of identification (a driver's license, for example) and your first deposit. If you can't speak English, bring a friend who does so that he or she can translate for you.

Lè nou pral fè on depo labank, ale ak on fèy depo. Nou sèvi ak on fèy depo lè nou vle mete lajan nan kont nou.

When you go to the bank to make a deposit, bring your deposit slips. You use your deposit slips when you want to put money in your bank account.

Lè n-ap ekri on chèk, men sa pou nou fè:

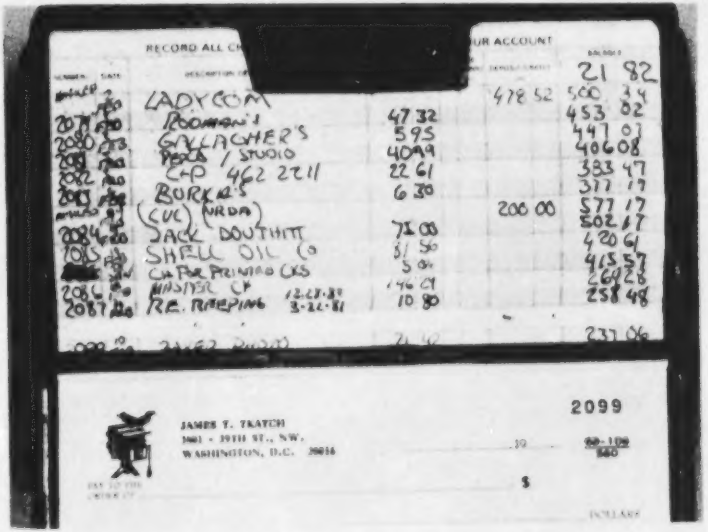
- Ekri dat la.
- Ekri non moun n-ap peye ak chèk la ou byen non konpayi n-ap peye a.
- Ekri valè lajan chèk la ak chif.
- Ekri valè lajan chèk la ak lèt.
- Siyen non nou sou chèk la.



When you write a check, you must include:

- *the date.*
- *the person or company you wish to pay*
- *the amount of money (in numbers) for which the check is written.*
- *the amount of money (in written form).*
- *your signature*

Toujou chonje make chèk nou bay yo on kote. Pa janm bay on chèk ki vo plis pase valè lajan nou gen nan depo chèk nou. Chak kou nou fè on chèk ki pa bon, labank pral fè nou peye on 5 dola an plis pou sa. Si labank konn pran on ti kòb regilyè pou travay li fè a, pa bliye konte kòb sa a li wete sou lajan nou, lè n-ap regle konbyen kòb nou rete nan depo chèk nou. Toujou kontwole si balans kalkil pa nou menm ak balans labank lan.



Remember always to keep a record of the checks you write. Never write a check for more than the amount you have in your checking account. For each bad check you write, your bank will usually charge you at least five dollars. If your bank has a service charge, never forget to deduct it when you are balancing your account. Always make sure your balance agrees with the bank's balance.

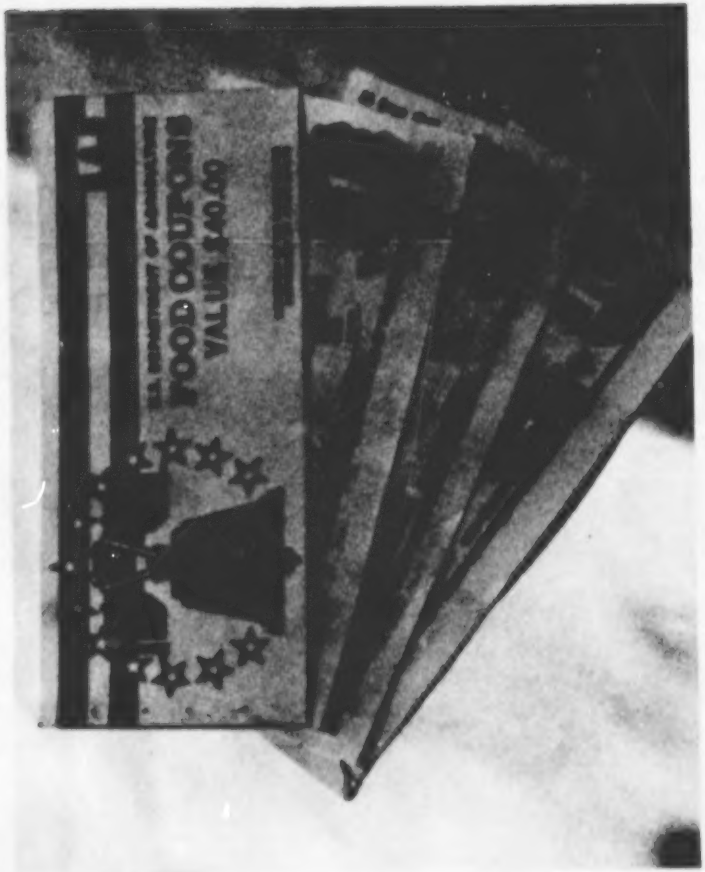
SÈVIS KOMINOTÈ
COMMUNITY SERVICES

O Zetazini, gen òganizasyon ki la pou yo ede moun pou kèk jou lè moun yo pa gen kont lajan pou yo achte manje, pou yo peye lwaye kay ou byen bòdwo doktè. Èd sa a se pou kèk tan sèlman jistan moun yo va an mezi peye pou tèt yo, yo menm. Moun ki fèk rive isit yo ("*entrants*" fèt pou yo reskonsab pwòp tèt yo, menm jan ak Ameriken. Si nou bezwen èd, moun k reponn pou nou an kapab ede nou pran kontak ak òganizasyon sa yo.

In the United States, there are organizations that provide temporary assistance to people who do not have enough money to pay for food, rent or medical bills. This assistance is only temporary, until the people in need can pay for these expenses themselves. Entrants, like American citizens, are expected to be self-sufficient. If you need assistance, ask someone to help you contact any of these organizations.

Si nou kandida pou nou jwenn èd pou nou swen sante nou, nou dwe fè demann nan touswit, nan biwo leta ki la pou sa nan zòn nou. Gen lòt avantaj nou kapab jwenn toujou, tankou swen pou sante manman pitit ak sante timoun, metòd pou kontwòl fè pitit, sèvis pou sante lespri nou ak sèvis pou moun ki endikape. Chèche konnen si nou kapab kandida pou èd kon sa anvan nou fè on demann. Wè sa ak moun ki reponn pou nou an.

If you are eligible to receive medical assistance, you should apply for it immediately, if you need it, at the proper state office in your area. There are additional services available, such as maternal and child health care, family planning, mental health and disabled persons services. Find out if you are eligible for these services by checking with your state office.



Gen kèk pogram ki bay manje e ki la pou ede moun ki travay pou ti kòb piti. Chèche konnen si nou kapab kandida pou èd kon sa. On moun ki kapab kandida pou sa dwe fè on demann pou li resevwa tenm pou manje. Tenm pou manje kab sèvi pou moun achte pwovizyon nan makèt sèlman. Yo pa sèvi lòt kote. Sere tenm pou manje nou yo on bon kote, paske si nou pèdi yo, nou pab kapab jwenn lòt nan plas yo touswit.

There are some food programs that provide additional support to people with low incomes. Find out if you are eligible to receive such assistance. A person who is eligible must apply in order to receive food stamps. Food stamps can only be used to buy <u>food</u> items at grocery stores, and nowhere else. Keep your food stamps in a safe place, because if they are lost, it will take a long time to replace them.

O Zetazini, gen granmoun aje ki kapab kandida pou pogram èd ki bay manje. Pogram èd ki bay granmoun manje gen regleman ki tyak e chak eta gen regleman pa yo pou sa.

In the United States, some elderly people may be eligible to participate in the food assistance program. The food program for the elderly has very strict requirements, and varies from state to state.

Gen òganizasyon prive o Zetazini ki a dispozisyon nou e ki a dispozisyon fanmi nou pou yo ede nou reskonsab pwòp tèt nou. Men sèten sèvis yo kapab rann nou:

- Okipe pitit nou etan n-al travay.
- Bay kou angle kòm on dezyèm lang.
- Montre moun sa yo pi bezwen konnen pou yo okipe kay yo ou byen apatman yo.
- Ede moun nan keksyon lalwa.
- Montre moun metye.
- Bay moun konsèy nan lang manman yo pou poblèm imigrasyon ak poblèm lisans pou kondi machin.

There are private organizations in the U.S. that can provide services to you and your family in order to help you become self-sufficient. Some of the services they can provide are:

- *Caring for your children while you work.*
- *Teaching English classes*
- *Providing basic skills training in home management.*
- *Legal assistance.*
- *Vocational training.*
- *Immigration counseling and driver's license information in native languages.*